



Ingredion™

VITESSENCE® Pulse I803C Pea Protein 70001066

These values are typical and do not represent a product specification.

Typical Nutritional Data

Calories, kcal/100g	394	Amino Acids	% hydrolysable
Calories from Fat, kcal	77		AA
Moisture, %	4.0	Arginine, %	6.2
Protein, %	78.7	Histidine, %	1.8
Total Carbohydrates, %	3.2	Isoleucine, %	3.4
Dietary Fiber, %	2.8	Leucine, %	5.8
Insoluble Fiber, %	2.8	Lysine, %	5.3
Soluble Fiber, %	0	Methionine, %	0.7
Sugars, %	0.4	Phenylalanine, %	3.9
Sucrose, %	0.4	Threonine, %	2.5
Glucose, %	<0.1	Valine, %	3.5
Lactose, %	<0.1	Alanine, %	2.8
Maltose, %	<0.1	Aspartic acid, %	8.1
Fructose, %	<0.1	Cysteine, %	0.6
Other Carbohydrates, %	0	Glutamic acid, %	12.1
Total Fat, %	8.6	Glycine, %	2.5
Saturated Fat, %	1.70	Serine, %	3.4
Trans Fat, %	0.04	Tryptophan, %	0.7
Monounsaturated Fat, %	3.30	Tyrosine, %	2.7
Polyunsaturated Fat, %	3.60	Proline, %	3.0
Cholesterol, mg/100g	0	Non-protein Nitrogen content, %	3.0
Ash, %	5.5		
Minerals			
Potassium, mg/100g	436	Magnesium, mg/100g	106
Sodium, mg/100g	820	Phosphorus, mg/100g	942
Calcium, mg/100g	128	Copper, mg/100g	1.4
Iron, mg/100g	16.1	Manganese, mg/100g	<1.0
Zinc, mg/100g	7.6		
Vitamins			
Vitamin A, mcg RAE	0.0	Vitamin C, mg/100g	<0.5
Thiamin (B1), mg/100g	0.3	Folates (may include folic acid), mcg	212
Riboflavin (B2), mg/100g	0.2	Pantothenic acid, mg/100g	0.5
Niacin (B3), mg/100g	2.7	Cyanocobalamin (B12), mcg	0.8
Pyridoxine (B6), mg/100g	0.1	Vitamin E, mg/100g	<0.1
Vitamin D mcg/100g	0		

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Next Review Date: March 28, 2026

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